

Capsicum, tomato and chicken with chorizo



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Preparation: about 20 minutes

Cooking: about 45 minutes

Serves: 4

¼ cup olive oil

8 (160g each cutlet) chicken thigh cutlets (or use thigh fillets)

1 red onion, cut into thin wedges

1 chorizo sausage, diced

½ cup dry white wine

1 red and 1 yellow capsicum, halved, deseeded and cut into thin strips

3 garlic cloves, finely chopped

4 vine-ripened tomatoes, roughly chopped

6 sprigs thyme

⅓ cup chicken stock

40g rocket leaves

Crusty bread, to serve

1. Heat 1 tbs oil in a large heavy-based frying pan over medium-high heat. Brown chicken for 2 minutes on each side or until golden. Transfer to a plate.
2. Heat remaining oil in pan. Add onion and chorizo and cook over medium heat, stirring occasionally, for 5 minutes. Add wine and simmer for 1 minute. Add capsicums, garlic and tomatoes and cook, stirring often, for 3 minutes.
3. Add thyme, stock and chicken to pan. Reduce heat to low, partially cover and simmer, stirring occasionally, for 25–30 minutes until chicken is tender. Top with rocket and serve with crusty bread.



Capsicum

- A top source of vitamin C, with just half an average-sized red capsicum supplying four times the recommended dietary intake of this anti-infection vitamin.
- A good source of beta carotene, which the body converts to vitamin A and uses to fight many infections.
- Provides folate (important for heart health) and vitamin E (an excellent antioxidant that helps prevent damage to the membranes around body cells).

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